

Nuun Sport Electrolyte Tablets



Nuun Sport Electrolyte Tablets with Magnesium, Calcium, Potassium, Chloride & Sodium, Gluten Free & Vegan, Mixed Flavors, 4 Pack (40 Servings Total)

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Flavor Name: **Mixed Flavors**

| | | | |
|--|---|--|---|
| Citrus Berry Mix 1 option from \$29.96 | Citrus Fruit See available options | Fruit Punch See available options | Grape See available options |
| Juicebox Mix 1 option from \$20.51 | Lemon Lime See available options | Mixed Flavors See available options | Orange See available options |
| Strawberry Lemonade See available options | Tri-Berry See available options | Tropical See available options | Watermelon 1 option from \$23.96 |

Size: **40 Count (Pack of 1)**

| | |
|-----------------------------|----------------------|
| 10 Count (Pack of 4) | 10 Count (Pack of 8) |
| 40 Count (Pack of 1) | 60 Count (Pack of 1) |
| 80 Count (Pack of 1) | |

| | |
|---------------------------|------------------------|
| Brand | Nuun |
| Flavor | Juicebox Mix |
| Unit Count | 40 Count |
| Item Form | Tablet |
| Item Weight | 0.6 Pounds |
| Item dimensions L x W x H | 2.75 x 2.75 x 4 inches |
| Diet Type | Vegan |

Product Benefits Hydrating, Replenishing

Age Range (Description) Adult

Package Information Bag, Tube

About this item

- **HYDRATION MADE FOR YOUR ACTIVE LIFE:** Nuun Sport electrolyte tablets offer a perfect sports drink for daily use, including 5 essential electrolytes and 1g of sugar
- **5 ESSENTIAL ELECTROLYTES:** Nuun Sport replaces the electrolytes your body sweats out during exercise to help you stay hydrated; electrolytes included are Sodium, Potassium, Chloride, Magnesium, and Calcium
- **VEGAN, NON-GMO, AND 1g OF SUGAR:** These hydration tablets are made with clean*, plant-based ingredients, are gluten free, vegan, kosher, and non-GMO; and each tablet contains 1g of sugar
- **ON THE GO HYDRATION:** Nuun electrolyte tablets enhance your work out; keep a tube in your gym bag, car, purse or anywhere you'll want to mix up an electrolyte solution
- **4 REFRESHING FLAVORS:** This 4 pack contains one tube (10 tablets each) each of popular Nuun flavors Fruit Punch, Tropical, Strawberry Lemonade, and Grape for a total of 40 servings

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The advertisement is set against a solid blue background. In the top left corner is the Nuun Hydration logo, which consists of the word "nuun" in a white, lowercase, sans-serif font, with "HYDRATION" in a smaller, uppercase, sans-serif font directly below it. To the left of the central text area, three Nuun Sport Hydration tubes are stacked vertically. The top tube is blue with white and pink accents, labeled "LEMON LIME". The middle tube is green with white and yellow accents, labeled "TROPICAL". The bottom tube is red with white and yellow accents, labeled "FRUIT PUNCH". Each tube has a white cap and a small "10" indicating the number of tablets inside. In the center, there is a dark blue rectangular box containing white text. The text reads: "Nuun (pronounced 'Noon') was the first company to separate electrolytes from carbohydrates in sports drinks... With that, our innovative electrolyte tablet was born. Portable, delicious hydration without all the sugar and additives." To the right of this text box is a photograph of a person's hand holding a clear plastic water bottle filled with a bright pink liquid. A small tube of Nuun Sport Hydration is placed on the ground next to the bottle. The background of the photograph shows a person's leg in a pink athletic shoe and a blurred outdoor setting with greenery.



Shop the Nuun Lineup
Visit the Store

Our Values:

CLEAN⁺ HYDRATION

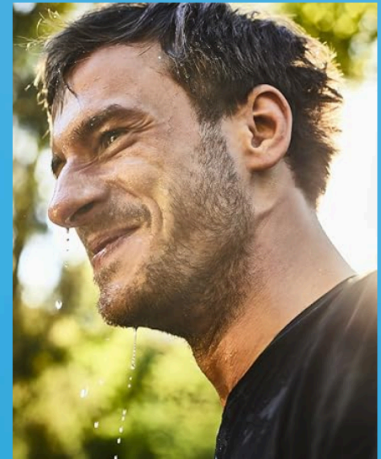
Our products are formulated with clean⁺, plant-based ingredients.

MOVEMENT FOR ALL

We support organizations that make movement more equitable and accessible.

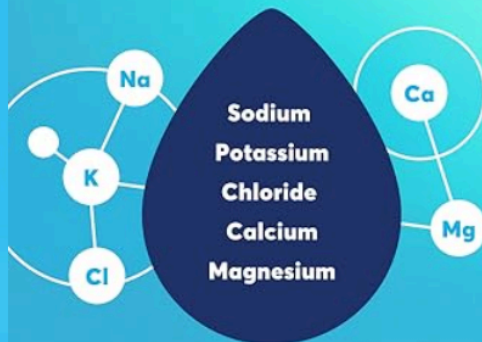
PROTECTING OUR PLANET

At Nuun, we know the future health of our planet is determined by the actions we take today. Learn how we're making a difference.



5 ESSENTIAL ELECTROLYTES

Our blend of optimized electrolytes helps you perform at your best



Join the Movement

#nuunlife



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From the manufacturer



nuun Live Life More Hydrated

[Our Products](#)[Our Mission](#)[Our Values](#)

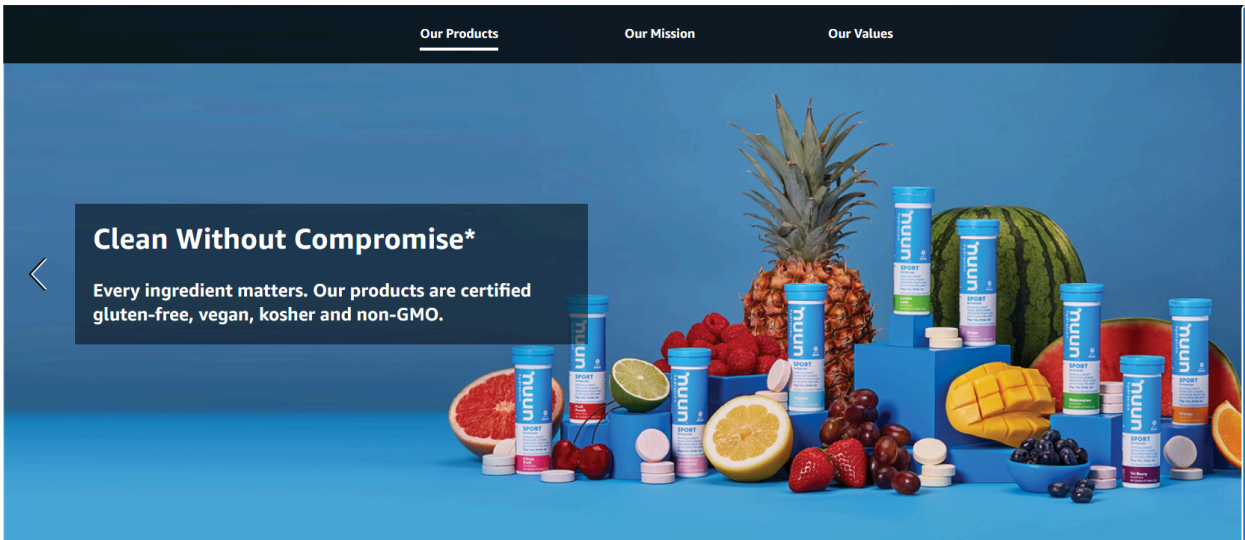
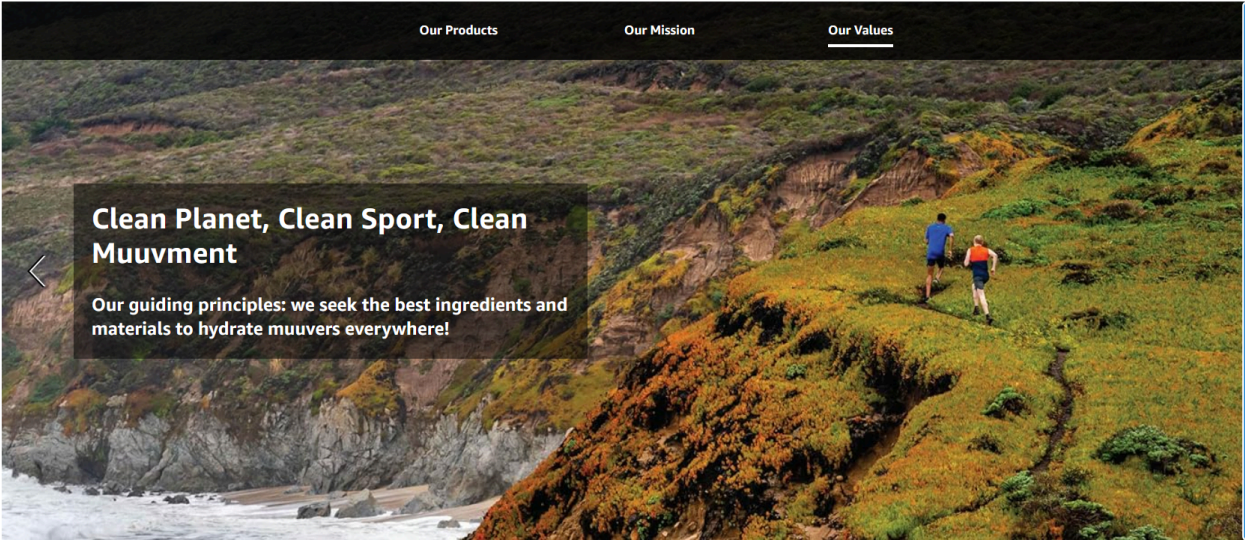
Clean Without Compromise*

Every ingredient matters. Our products are certified gluten-free, vegan, kosher and non-GMO.

[Our Products](#)[Our Mission](#)[Our Values](#)

Nuun's Mission is to Empower More Muuvment

We believe that happier, healthier lifestyles begin with more muuvment and hardworking hydration!



Nuun Sport: Get a Move On



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Hydrates Better Than Water*

Backed by groundbreaking science, our optimized electrolyte blend helps you hydrate more effectively than plain water.



Replaces What's Lost in Sweat*

Anytime you sweat, your body loses vital minerals and electrolytes needed for healthy recovery and lasting performance.



Only 1 Gram of Sugar

A delicious sports drink without all the carbs. We use just a pinch of sugar to support optimal H2O absorption.



Hydration You Can Feel*

It's simple: when you're well-hydrated, you can feel it! Go the extra mile with the power of electrolytes.



Hardworking Hydration, In A Snap

1 Tube = 10 Tablets, On-The-Go!

Nuun tablets are your trusted & tasty life hack, for wherever life brings you.

Compare Nuun Hydrati



Nuun Energy



Nuun Immunity

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Compare Nuun Hydration



Nuun Energy



Nuun Immunity



Nuun Instant

Optimized Electrolytes



Energy Blend



Botanicals



Vitamin C

No

Sugar

2g

Optimized Electrolytes



Energy Blend

No

Botanicals



Vitamin C



Sugar

2g

Optimized Electrolytes



Energy Blend

No

Botanicals

No

Vitamin C



Sugar

5g



**Join The
Muuvmment
#nuunlife**

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Product Description

Elevate your hydration with Nuun Sport Electrolyte Tablets, the perfect electrolyte drink mix featuring a clean formula* that delivers optimal electrolyte replenishment in a convenient, dissolvable tablet. Designed for athletes, fitness enthusiasts, and active individuals seeking effective hydration support, these electrolyte tablets provide essential electrolyte balance with clean ingredients.* Each serving of Nuun hydration tablets contains five key electrolytes (Sodium 300mg, Potassium 150mg, Magnesium 25mg, Calcium 13mg, and Chloride 40mg) and are backed by science*** to support proper hydration and muscle function. Our tablets are sweetened with stevia leaf extract and contain 1g of sugar per serving, making them perfect for various dietary preferences including kosher, vegan, and gluten-free lifestyles. Simply drop one tablet into 16 fl oz of water, let it fizz and dissolve, then enjoy a refreshing electrolyte drink that helps you maintain optimal hydration levels. Each tube is perfectly portable for your active

lifestyle, whether you're hitting the gym, hiking trails, or powering through your workday. With over a decade of experience in hydration science, Nuun remains committed to providing clean*, effective hydration drink mixes you can trust.** *Clean is defined as non-GMO, vegan, and gluten free. **These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. ***Electrolyte levels based on the ratio of Sodium, Chloride, Potassium in our products. See Nuun's website for more details.

Product details

- Is Discontinued By Manufacturer : No
- Product Dimensions : 2.75 x 2.75 x 4 inches; 9.6 ounces
- Item model number : 4PKNUUNMXNW
- Department : Health & Household
- Date First Available : May 5, 2011
- Manufacturer : New Nuun Active
- ASIN : B019GU4J56
- Best Sellers Rank: #55 in Health & Household ([See Top 100 in Health & Household](#))
 - #2 in [Sports Nutrition Endurance & Energy Supplements](#)
 - #6 in [Sports Nutrition Electrolyte Replacement Drinks](#)
 - #20 in [Sales & Deals](#)
- Customer Reviews:
4.4 4.4 out of 5 stars ([56,259](#))

Product Safety and Compliance DetailsProduct Safety and Compliance Details

Safe use

As the [Food and Drug Administration \(FDA\)](#) advises, dietary supplements can support your overall health but may also have powerful effects on the body. It's important to read labels carefully, exercise caution, and consult your healthcare professional before taking any supplement. Side effects are more likely if supplements are taken in high doses, as substitutes for prescribed medications, or in combination with multiple supplements. If you experience severe side effects, discontinue use immediately and seek medical attention.

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Important information

Ingredients

Active ingredients: Sodium (bicarbonate and carbonate), potassium (bicarbonate and chloride), magnesium (oxide), calcium (carbonate), Other ingredients: Citric acid, dextrose, natural flavors, stevia leaf extract, rice extract blend, avocado oil, beet juice powder (for color), riboflavin (for color), spirulina (for color), malic acid

Directions

Fill your reusable sports bottle with 16 oz. of water. Drop in your choice of a flavored Nuun Sport tablet. Wait up to 3 minutes for tablet to fully dissolve. Cheers, time to hydrate and get muuving!

Legal Disclaimer

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Customers say

Customers find the electrolyte tablets effective and appreciate their hydration benefits, noting they make them drink more water. The product provides a good source of electrolytes without unnecessary sugar, and customers report fewer cramps and less muscle soreness after use. While some customers say the tablets dissolve quickly, others find they take a while to dissolve. Customers disagree on the taste and value for money.

Top reviews from the United States



Spicy

★★★★★ Life Enhancing Hydration

Reviewed in the United States on July 7, 2025

Flavor Name: Mixed Flavors | Size: 60 Count (Pack of 1) | **Verified Purchase**

My favorite electrolytes tablet. I take these every day to stay hydrated, I take 2-3 a day. I really notice it when I miss a day or two. These have improved my hydration and health significantly. I drink a lot of caffeine so I need to drink plenty of water to counterbalance my coffee intake. Taking these prevents my gut from spasms. I love the flavor variety. Tropical is my favorite. I add some flavored water drops to enhance the flavor. These have low sugar and 5 electrolytes which is more than the other brands! They're also significantly cheaper!! Love this I take these every day!!

8 people found this helpful

Helpful

| Report



AZN8V69

★★★★★ Pricey, But Less Sweet Than Competitors

Reviewed in the United States on July 14, 2025

Flavor Name: Citrus Berry Mix | Size: 40 Count (Pack of 1) | **Verified Purchase**

I've been playing a lot of pickleball out in the heat this summer. This product is pricey for what you get, but it's a lot less sugar, and more palatable, than L*quid IV.

2 people found this helpful

Helpful

| Report

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